



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

MARCH 2022



Grow Wisdom BB pg 109

GROW NORTH ISLAND CENTRE
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AUCKLAND 1025

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GROW SOUTH ISLAND CENTRE
22 MANSE STREET
DUNEDIN CITY
DUNEDIN 9016

PHONE: (03) 477 2871

2growdunedin@gmail.com

GROW N.Z. INC. NORTH ISLAND CENTRE

Office Hours: Due to the Red Traffic Light System and the requirement to be Vaccinated to enter the building the Centre is closed until a change in Traffic Light Settings

Street Address:

97 St Lukes Road
St Lukes
Auckland, 1025

Phone (09) 846 6869 or 021 049 1360

Centre: auckland@grow.org.nz

The Centre is accessible by public transport and is very close to St Lukes Mall.

Postal Address:

P.O. Box 41-051
Mt Roskill
Auckland, 1440

Website: www.grow.org.nz

National Team: national@grow.org.nz

GROW N.Z. INC. SOUTH ISLAND CENTRE

Office Hours: Wednesday, 1:00pm – 5:00pm

Street Address:

22 Manse Street
Dunedin Central
DUNEDIN 9016

Phone/Fax (03) 477 2871

E Mail 2growdunedin@gmail.com

Postal Address:

C/- Room 4
22 Manse Street
Dunedin Central
DUNEDIN 9016

The Centre in Craigie House on Manse St is opposite The Warehouse on High St.

The GROW Centres are a wonderful resource for Growers, as they hold a wealth of GROW Program material. If you haven't got to know the Centre's yet, please do so.

What is Grow?

GROW is a different thing to different people:

- To a mentally ill person, GROW is a program of recovery.
- To a person suffering from the stresses and crises of life, GROW is a way of preventing breakdown.
- To a person seeking personal growth and fulfillment, GROW is a school of adult education for life.
- The GROW organisation is a grassroot, community mental health movement, based upon a 12 Step Program of *growth to maturity*, through friendship and mutual help.

Weekly GROW meetings are run by their members, vary in size from 3-15 people and are approximately 2 hours long.

GROW is anonymous, confidential, non-denominational and open to all. No membership fees are charged, but contributions are welcomed.

Find your nearest GROW meeting from the list in the back of this newsletter.

Giving GROW a Fair Go: It takes a few meetings to develop an understanding of what GROW is and how it works during and between meetings. We recommend newcomers attend at least three initial meetings to make an informed choice about Grow.

Apology

I wish to apologise for not having done a newsletter for a few months and for this one being late.

I honestly thought I had done December 21 / January 22 and then some one commented there had not been one, I checked and found they were right I hadn't done one.

Again, I apologise and hopefully things will be back on track.



How to Show Leadership in Grow

Leadership Paper by Allen W

First a definition of what a leader is- A leader is someone who can help move an entire community forward in a common direction.

In Grow, leadership is a function and a role, it is not an office or official position.

The common qualities of leadership in Grow are in 5 areas-

A. Leader is going the way we need to go

- They show evidence of continued work on the 12 steps, particularly 1&2.
- They are doing practical tasks given by the group and sharing results.
- They are using the 4 stabilising questions to better take control of their lives and circumstances.
- They are letting go of the old-beliefs, anger, guilt, control, sadness and embracing the new- the Grow program.
- They are journeying together with others and are not afraid of making mistakes- which are learning opportunities.

B. Knowing the Way

- Continued learning of the program- shown in progress
- They read and use the blue book between meetings- ideally daily.
- They own their own set of red/brown books and others, and are familiar with the contents and knowledge contained.
- They attend training and are open to improving their understanding of the Grow program.
- They give understandings in group
- They give learnings in group
- Can give a personal testimony at any time as appropriate and as necessary.

C. Shows the Way

- Attend group regularly
- Give progress reports and share problems
- Consistently doing 12 step work.
- Constantly doing some or all of P15 in BB
- Take the initiative when necessary

- Supporting others in/out of group
- Leading meetings
- Saying yes when asked to do ordinary tasks.

D. Help Improve the Way

- Being friendly- friendship is the key to mental health.
- Keeping in touch-phone, text, email, personal visits.
- Showing empathy for others, regard for others-effective love.
- Decentralizing, having a total view of the group.
- Being dependable and helpful.
- Building with relationships with equality as a basic foundation.

E. Helping others to take on Leadership

- Being on tap not on top
- Delegating – you can do this, I will help you do it.
- Encouragement and affirmation of the person leading, reading, sharing
- Being positive to help build up confidence.
- Not comparing with others- it's not a competition
- 2 phrases to use consistently- when appropriate
 1. I don't know- no one is infallible or all knowing
 2. I could be wrong- to be ordinary

In summary- to show leadership in Grow-

1. Be 100% Grower- be fully committed
2. Live the Grow way every day- be persistent and consistent

All of the previous 5 areas grow out of doing these 2 things.

A final quote- "You are valuable- Me too."

STEP 3: We trusted the spiritual power of life, love and the world around us.

Sorry people no papers at my home office or on computer fit with the new wording of Step 3



CALENDAR OF EVENTS

Location details: All events are held at the GROW Centre, 97 St Lukes Road, St Lukes, except any camps/weekends

DATE	TIME	March Events
Tuesday 1st	For Apr Issue	Post/email Content for Newsletter to the Centre
Tuesday 1st		Post/email Bimonthlies to the Centre
Saturday 12nd	2:30pm	O & R Meeting Potluck Social Hosted by Carolyn & Allen
Saturday 19	9:30am	NPT AND NMT Meeting

DATE	TIME	April Events
Friday 1st	For May Issue	Post/email Content for Newsletter to the Centre
Saturday 9th	10:00am	Training Day
Saturday 23rd	9:30am	NPT & NMT Meeting

DATE	TIME	May Events
Sunday 1st	For Jun Issue	Post/email Content for Newsletter to the Centre
Sunday 1st		Post/email Bimonthlies to the Centre
Saturday 21st	2:30	O & R Meeting Potluck Social

GROW dates do change from time to time. Dates/events are up to date at the time of printing each newsletter issue, and updated between issues through *Centre Announcements*, read by Group Organisers during weekly Meetings.



GROW MEETINGS

Group	Time	Location	Contact	
Online Zoom Nationwide	Thursday Friday	Requires Internet with webcam or smartphone (10Gb data/month)	Chas	027 614 2561 national@grow.org.nz
Papatoetoe	Monday 10am	Seventh Day Adventist Church, 16 Puhinui Rd, Papatoetoe	Vicky	(09) 269 3113 Text 021 129 4380 vrogers@xtra.co.nz
St Lukes	Monday 6.30pm	The GROW Centre, 97 St Lukes Rd, Mt Albert	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Highland Park	Monday 7pm	Highland Park House, 47 Aviemore Drive, Highland Park	Allen	022 194 6744 aljw33068@gmail.com
North Shore In Recess	Monday 1pm	Glenfield Community Centre Cnr Glenfield Rd & Bentley Ave Glenfield	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Onehunga	Thursday 10:15am	Onehunga Community House 83 Selwyn St, Onehunga	Sandy	(09) 846 6869 021 049 1360 auckland@grow.org.nz
Hamilton	Thursday 12:30pm	Whitiora Bible Chapel 24 Abbotsford St Hamilton	Carolyn	0210517287
Dunedin	Monday 5:30pm	GROW Centre 22 Manse St Dunedin City	Shirley Centre	(03) 477 2871 2growdunedin@gmail.com
Kaiapoi	Sunday 1:30pm	Kaiapoi Library 176 Williams St, Kaiapoi	Shirley	(03) 477 2871 ragrantham9@gmail.com

**GROW is a program of *Growth to Maturity or Mental Health*, through Friendship and mutual help.
No introductions are needed. Just come along to a meeting.**

While in Traffic Light Red all groups must follow the requirements of the premises, they are held in eg: Vaccinated, masks, sign in and social distance. Please contact the contact person to confirm meeting.

A thought for all growers.

GROW does not charge members fees or dues, and so relies on grants and private donations as a source of income to meet operating expenses. If you can afford to, please consider giving back to GROW.

Methods of payment include cash, cheque, bank deposit and internet banking. When using internet banking, type 'donation' and your name into the available fields. If by post, please include the slip below. Contact the GROW Centre if you would like a receipt, as donations are tax deductible.

Account Details: GROW N.Z. Inc. 12 3017 0509675 00 (ASB Bank)



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GROW N.Z. Inc., I have donated by direct credit \$ _____ on ____/____/____
PO Box 41-051 ~ or ~

Mt Roskill, I have enclosed my donation cheque of \$ _____
Auckland, 1440.

Name.....

Address

.....

GROW NZ Inc WISHES TO THANK OUR GRANT FUNDERS AND VOLUNTEERS
FOR THEIR CONTRIBUTIONS AND SUPPORT TO OUR GROUPS.



Kerr Taylor Trust * St Lazarus Trust Board * ACE Shacklock Charitable Trust

If undelivered, please return to:

The GROW Centre, P.O. Box 41051, Mt Roskill, Auckland 1440

